Research has suggested that frequent monitoring of blood glucose for patients who do not take insulin to manage their diabetes is not considered clinically beneficial and may even lead to decreased quality of life and well-being.

Provincial governments across Canada have implemented blood glucose test strip (BGTS) quantity limits to encourage proper testing practices for optimal patient outcomes. See below a provincial list of implementation details as of June 2017.

<table>
<thead>
<tr>
<th>Province/Payer</th>
<th>Implementation Date</th>
<th>Details</th>
<th>Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alberta</td>
<td>July 1, 2012</td>
<td>Insulin users only – Coverage to a maximum of $600 per person each benefit year for eligible diabetic supplies.</td>
<td>Government of Alberta</td>
</tr>
<tr>
<td>British Columbia*</td>
<td>January 1, 2015</td>
<td>Insulin users – 3,000 strips per year High Hypoglycemic risk medication users – 400 strips per year Low Hypoglycemic risk medication users – 200 strips per year No medications – 200 strips per year</td>
<td>Government of British Columbia</td>
</tr>
<tr>
<td>Manitoba*</td>
<td>June 15, 2017</td>
<td>Insulin users – 3,650 strips per year High Hypoglycemic risk medication users – 400 strips per year Low Hypoglycemic risk medication users – 200 strips per year No medications – 200 strips per year</td>
<td>Government of Manitoba</td>
</tr>
<tr>
<td>New Brunswick*</td>
<td>April 1, 2013</td>
<td>Insulin users or pregnant – Individualized (no limit) Type 2 diabetes oral medication users – 100 strips per year Newly diagnosed type 2 diabetes no medications – 50 strips per year</td>
<td>Government of New Brunswick</td>
</tr>
<tr>
<td>Newfoundland and Labrador</td>
<td>July 1, 2016</td>
<td>Insulin users – 2,500 strips per year High Hypoglycemic risk medication users – 700 strips per year Low Hypoglycemic risk medication users – 100 strips per year No medications – 50 strips per year</td>
<td>Government of Newfoundland and Labrador</td>
</tr>
<tr>
<td>Nova Scotia</td>
<td>No limits in place.</td>
<td>Limit to the amount prescribed.</td>
<td></td>
</tr>
<tr>
<td>Ontario*</td>
<td>August 1, 2013</td>
<td>Insulin users – 3,000 strips per year High Hypoglycemic risk medication users – 400 strips per year Low Hypoglycemic risk medication users – 200 strips per year No medications – 200 strips per year</td>
<td>Ontario Ministry of Health and Long-Term Care</td>
</tr>
<tr>
<td>Prince Edward Island</td>
<td>November 13, 2008</td>
<td>Insulin users only – 100 strips every 30 days (1,200 Annual Limit) if registered with the Diabetes Drug Program and/or Catastrophic Drug Program and have taken insulin within the past 5 months. The patient is responsible for an $11.00 co-pay per box of strips.</td>
<td>Government of Prince Edward Island</td>
</tr>
<tr>
<td>Québec</td>
<td>May 3, 2017</td>
<td>Insulin users – 3,000 strips per year High Hypoglycemic risk medication users – 400 strips per year Low Hypoglycemic risk medication users – 200 strips per year No medications – 200 strips per year</td>
<td>Government of Québec</td>
</tr>
<tr>
<td>Saskatchewan*</td>
<td>October 15, 2015</td>
<td>Insulin users – 3,650 strips per year High Hypoglycemic risk medication users – 400 strips per year Low Hypoglycemic risk medication users – 200 strips per year No medications – 200 strips per year</td>
<td>Government of Saskatchewan</td>
</tr>
<tr>
<td>Yukon</td>
<td>Not available.</td>
<td>Insulin users only – 10 strips per day</td>
<td></td>
</tr>
</tbody>
</table>

*Province will cover additional 100 strips per year permitted in exceptional circumstances. In BC, broader overrides are permitted upon request.

**Last updated June 2017**

Compiled by the Ontario Drug Policy Research Network for informational purposes only.

Amendments or errors can be sent to: info@odprn.ca

For more information: http://odprn.ca/research/core-themes/self-monitoring-of-blood-glucose/